

Page 1 line 12 after 'and' insert --electric resistance climbing machine like--.

Page 1 line 12 delete "Stairmaster" insert --STAIRMASTER--.

Page 1 line 18 delete "Nautilus" insert --resistance machines like NAUTILUS--.

Page 3 line 14 delete "Nautilus" insert --resistance--.

Page 3 line 24 delete "Nautilus" insert --resistance exerciser like a NAUTILUS--.

Page 4 line 19 delete "the Nautilus" insert --an exercising machine like in the NAUTILUS--.

Page 6 line 20 delete "Nautilus" insert --NAUTILUS--.

Page 7 line 8 delete "a Nautilus" insert --an exercising machine like a NAUTILUS--.

Page 9 line 19 delete "a Nautilus machine" insert --an exercise machine using resistances (as in a NAUTILUS machine)--.

Page 9 line 20 delete "in a Nautilus" insert --repetitive exercise as in a NAUTILUS--.

Page 9 line 21 delete "exercise" insert --machine--.

Page 11 line 2 delete "or a Nautilus" insert --on a NAUTILUS resistance exercise--.

Page 14 line 8 delete "Nautilus style equipment" insert --resistance exercise equipment, a NAUTILUS machine for example,--.

Page 14 lines 11, 20, 25, and 28 delete "Nautilus" insert --NAUTILUS--.

Page 16 line 6 delete "Nautilus" insert --exercise
resistance NAUTILUS--.

Page 16 lines 17, 19, and 29 delete "Nautilus" insert
--NAUTILUS--.

Page 16 line 29 after 'could' insert --in the NAUTILUS
type equipment--.

Page 17 line 2 delete "with a Nautilus" insert --within a
NAUTILUS--.

Page 19 line 20 delete "an existing Nautilus" insert
--exercise equipment such as a NAUTILUS--.